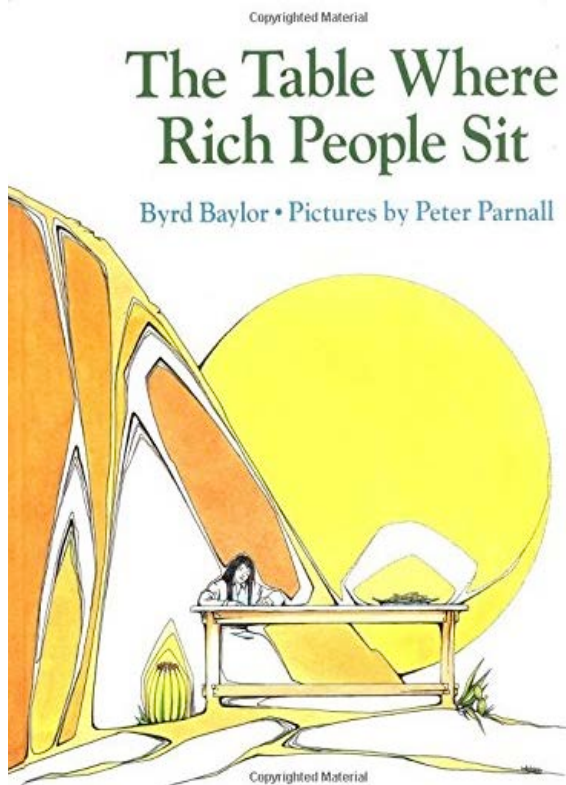


15 - 30
Minute
Activity
For
Everyone

The Table Where Rich People Sit

A young girl calls a family meeting to discuss her concerns about her family being poor. As they sit around their table and talk about her fears, she realizes that although her family does not have a lot of money, they are richer than she ever imagined.

Youth are faced with the daily challenge to decipher the core elements of happiness in order to understand success in their lives. The book, *The Table Where Rich People Sit*, challenges many of the traditional notions of success, redefining the idea of happiness to help us all chart a course towards living a fulfilling life.



Sit back and relax while ALIVE Lead Facilitator Sarah Recoskie reads the book from her home in Golden, British Columbia. You will love the mountain view.



<https://youtu.be/fLcqVsxVsTM>

Discussion Questions

- What is your definition of success? Did it change after reading this book?
- What in your life, that cannot be purchased, makes you feel happy?
- What can you incorporate into your life, for free, that enriches your life? It's out there, you just need to find it.
- What is your relationship with the natural world and how does it make you happy?
- Describe what it feels like when you are experiencing something that is enriching your life? Happy, strong, etc.